

Information for Parents about the Paediatric High Dependency Unit

Ward D 6 West
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We have produced this leaflet to provide information to parent's about the Paediatric High Dependency Unit (PHDU) and the care that the unit provides.

What is the Paediatric High Dependency Unit?

The Paediatric High Dependency Unit is based on ward D 6 West and has a maximum of 4 patients. The nurses working in PHDU also work on the other children's wards, and have received varying levels of training and experience in high dependency care. The nurse working in PHDU might not be the most senior nurse on shift, but will be allocated to this area in accordance with skills and experience.

What is the aim of the unit?

The unit provides care for children and young people aged 0 - 16 years, whom doctors feel are in need of closer monitoring and possibly more complex care or equipment than that provided on a general ward. Generally PHDU nurses provide a care ratio of one nurse to one, or sometimes two, patients.

Close monitoring involves a nurse checking your child's condition regularly with the use of electronic equipment, which will need to be attached to your child's body. This is nothing to be concerned about, it simply enables nursing staff to closely observe any changes in your child's condition and provides information to doctors. The paediatric consultant ward round starts at **9.30am**, and usually begins with PHDU patients. Doctors will then continue to visit PHDU regularly throughout the day.

On each shift a named nurse is allocated to care for you and your child, and to assist you in any way possible. Even though your child is in High Dependency you are welcome to carry out everyday care as you would normally do at home - washing, nappy changes, feeding (if not nil by mouth), playing etc., and the PHDU nurse is close at hand if you require anything. Keeping some daily routine may help you and your child feel a little more at ease while in hospital. Family centred care and involvement is integral to the well-being and recovery of children and young people in the PHDU.

Visiting Times

- 7.00am - 7.00pm (approx. 2 visitors per child)
- Parents only after 7.00pm
- One parent may be resident overnight

Meals (if child allowed to eat)

- Breakfast 8.15am
- Lunch 12.15pm
- Supper 5.15pm

Cold drinks are available at all times, and snacks for patients are provided mid-morning and mid-afternoon as well as being available throughout the day.

Hot drinks are allowed in the unit at the discretion of the nurse in charge. Please be mindful that hot drinks are not necessarily allowed on the other wards due to the safety of other children. There is a coffee room very close to PHDU which you are welcome to use at any time to have a break from the unit yet remain close by. There is a kettle, fridge and microwave available for you to use at any time. You are also welcome to bring food and drink from the canteen, Costa, or home.

Play

If your child is well enough, a selection of toys and games can be obtained from the play specialist in the playroom. Computers, videos and DVD's are also available.

Discharge from PHDU

Once your child's condition improves or is responding well to the care and treatment, the doctors will then make a decision to either transfer your child to one of the children's wards, or discharge them home. Should their condition not improve as well as doctors would like, your child may need to be transferred to another hospital for further investigations and/or treatment, but you will be kept fully informed at all times.

If you have any questions or queries about your child's condition, the care provided, or about the unit itself, please do not hesitate to ask. We are grateful for any feedback about the PHDU service and any suggestions for improvement.